

Starting Strong

A FREE program brought to you by the
Mansfield Community Center.



Step 1: Sign up for your FREE

Fitness Sessions when you join to start your membership strong! You will get an introduction to the equipment and speak one-on-one with a Fitness Assistant about your goals at the MCC, go through a sample workout and fill out a Fitness Questionnaire. Earn one FREE fitness class drop-in at the end of your session!

Don't Forget!

Anytime you have any questions about
our equipment you can ask a
fitness attendant.

No Appointment Necessary!

Step 2: After your first Fitness Session make an appointment to meet with a Fitness Assistant to go over the results of your questionnaire. Review your goals and discuss and try a second sample workout. You can use this time to ask any questions about machines or exercises. Earn your second FREE class drop-in, 50 Centerpoints PLUS 10% off a package of three Personal Training visits at the end of your session!



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